



FACILITATING SMOKING CESSATION

*How to maximize your
success rate
in your office*

MAJ MICHAEL J. ROY, MD
MPH

Department of Medicine, University of Michigan

CURRENT STATUS

- 25% of Americans smoke
- 34% of soldiers smoke
- $\geq 70\%$ of smokers see an MD annually
- 70% want to, and have tried, to quit
- MD's advice is important motivator for attempting to quit



DANGERS OF SMOKING

- Cancer
- Heart Disease
- Lung Disease
- Strokes & peripheral vascular disease
- Wrinkles & cataracts
- IUGR, prematurity, spontaneous Abs, SIDS

TRENDS IN SMOKING

- Steady decline in males smoking
- No change for males with less than high school education
- Women with less than high school education continue to smoke in increasing numbers
- More black women stop when pregnant

SOCIETAL PROGRESS

- Increased awareness of risks of passive smoke exposure, including for children
- Greater prohibitions on public use
- Efforts to regulate cigarettes as a drug
- Lawsuits vs. tobacco companies
- Tobacco companies admit wrongdoing

ABC's of Smoking Cessation

- Ask & Advise
- Behavioral Issues
- Classes
- Drugs
- Encouragement
- Feedback, F/U, & Family Members
- Groups
- Hypnosis

Ask & Advise:

- Ask about active and passive smoke exp.
- Advise strongly to quit; personalize advice
- Ascertain knowledge of risks/benefits
- Ask about interest in quitting
- Ask what prevented, or prevents, quitting
- Assist in quitting: develop a plan

BEHAVIOR

- How many cigarettes/day?
- Early morning smoker?
- When do you smoke? (when stressed, after meals, after sex, on phone, in car...)
- What led to failure in past?
- Make replacement list, set quit date

CLASSES

- Reported efficacy variable
- Peer support can be helpful
- Individualized element important
- Best used in conjunction with other efforts

DRUGS

- Nicorette gum
- Transdermal Nicotine
- Nicotine spray & inhaler
- Clonidine: oral or transdermal
- Bupropion

Nicorette gum

- Available without prescription
- Easily titratable
- Not tolerated by some patients
- Reported efficacy 10-40%; better as adjunct to other methods
- 4 mg better for heavier smokers
- Taper over up to 3 months

Transdermal Nicotine

- Nicotrol, Nicoderm, & Habitrol OTC;
- Average price \$25/week
- Reported efficacy 20-40% @ 6-12 months
- Apparent higher efficacy and acceptance, and requires less training in use, than gum
- Skin rash common, but most can continue
- Optimal treatment 8 weeks, including taper

RECOMMENDED PATCH REGIMENS

Prostep (24 hrs/day)

22 mg for 4 wks

11 mg for 4 wks

Nicotrol (16 hrs/day)

15/10/5 mg for 4/2/2
best, but marketed
OTC as one-step, 6
week “easy” course

Nicoderm &
Habitrol

(24 hrs/day)

21 mg/day for 4
wks

14 mg/day for 2
wks

7 mg/day for 2
wks

GUIDELINES FOR NICOTINE REPLACEMENT

- Avoid in pregnancy, unstable angina, immed. post-MI, & if serious arrhythmia
- Probably most important for heavy smokers
- Tailor use of gum but not patch
- Emphasize behavioral factors in addition

Clonidine

- No convincing evidence of improvement in cessation rate, despite decrease in symptoms of withdrawal
- Consider in patients with coincident hypertension
- “Hype” may increase efficacy

Bupropion SR (Zyban)

- Antidepressant, wk inhib of NE, DA, serot.
- Start @ 150 mg qd X 3d, then 150 BID
- Quit tobacco @ 1 week; continue med for 8 weeks after quitting
- 46% quit rate @ 10 wks, c/w 32% for patch
- 30% quit 12 mo quit rate, c/w 16% for patch
- May have greater effect combined w/patch

Bupropion SR (Zyban)

- Contraindicated if seizure d/o, eating d/o; beware of factors predisposing to seizures such as alcoholism
- May be OK with other psychotropic meds, though prudent to start slowly and consider adjusting dose

OTHER CONSIDERATIONS

- Encouragement/Feedback: high relapse rate
- Follow-up: remember to ask about success at subsequent visits
- Family Members: get them involved; also emphasize risk of passive smoke
- Groups: peer support for quitting
- Hypnosis: helpful for 10-15%

Is it worth your time?

- MD attention increases quit rate
- Smoking assoc'd w/ high morb./mortality
- Cost effectiveness analyses indicate greater QALYs saved than with MMG, FOBT, F/S, lipid reduction, HTN screening--true for counseling, gum, patch
- If at first you don't succeed...